

Issaquah Alps Trails Club

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ALPINER

July * August * September 1989

The President's second report:

We need an action group of 100

We are pleased with the growth of our club, the successes we have had and the amount of influence we have with various levels of government. We deal with city, county and state lawmakers, policy makers and administrators. The issues have been getting bigger, more complex and more important. It has become clear to us that we need a means to involve more of our members in the issues of concern to the club.

We would like to have a group of about 100 members who will commit to helping public officials know more about the nature and depth of our concerns. We are asking for no more than one commitment per month. Most months your commitment would be a couple of short letters to a public official. During the time the legislature meets it might be to leave message for your state legislation on the toll-free "hotline" in Olympia. A couple of times a year it might be your attendance at a special hearing or meeting.

When time permits, the "100" would be alerted by a special mailing. When time is critical, the "100" would be called to action by phone.

Is the future of the Issaquah Alps important enough to you that you would be willing to spend a little time each month to help? If the answer is yes, please let

us know. There is a form on page 3, but you might not want to cut up your Alpiner. Just use the form as a guide and send a letter to "Issaquah Alps 100", P.O. Box 351, Issaquah, WA 98027 or call one of the club officers to volunteer.

Put hikers back on Cougar

In the last year, the use pattern in Cougar Mt. Regional Wildland Park changed dramatically. During that time, hiking, walking and horseback riding steadily declined as bicycle riding became dominant and displaced the other groups.

At this writing, King County Parks has adopted an administrative rule which prohibits bicycles in the park. It is essential that those who were displaced by the bicycles now return to the park. Our seventh Return to Newcastle event reaffirmed the county-wide interest in this area as a natural preserve, a historical preserve and a great place to safely and enjoyably ramble, walk and hike.

Please consider Cougar Mountain for your next walk or hike. Let's return Cougar Mountain Park to the kind of park we have always envisioned and have spent the last 15 years working to attain.

David Kappler

Grand Ridge is looking for a few good friends

The least known Issaquah Alp is looking for some dedicated friends. Sitting across from Tiger Mountain and overlooking the I-90 Corridor, Grand Ridge is a sizable wildland offering Trail Club members vast opportunities.

This mostly undeveloped area currently has many unused, overgrown trails and old logging roads that are beckoning for some tender loving maintenance. Within its canopy of trees lies unexplored wetlands, ravines and other natural and man-made attractions.

Like Newcastle, the Grand Ridge area has a history of mining. For ambitious members who are constantly looking for new hike opportunities, Grand Ridge may satisfy your curiosity at least till our network of trails expands further.

The Grand Ridge area also has great potential to expand our trail system to include the Pine Lake Plateau. If you are interested in pursuing new challenges on Grand Ridge, please contact John Seebeth at 391-3843.

The marathon traverse is back this fall

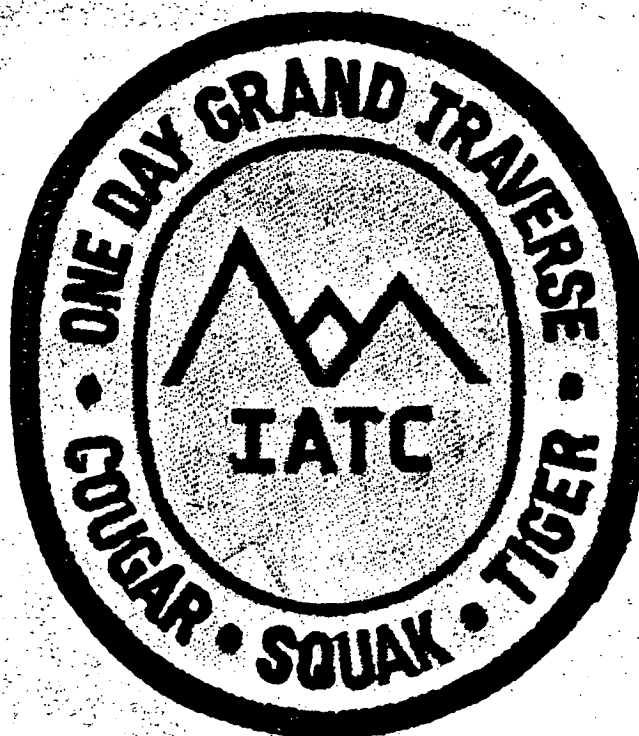
By Jack Hornung

The Issaquah Alps Trails Club announces the Second Annual Grand Traverse of the Issaquah Alps, Saturday, September 30, 1989. This is a challenging, marathon-length hike introducing and celebrating the beauty and wonder of Cougar, Squak and Tiger Mountains--the wilderness in Seattle's back yard.

In October 1988, this challenge was taken up by 40 participants who began in the predawn hours at Lake Washington's Newcastle Beach Park and ended up well after dark in an unforgettable starlit climax on the summit of Tiger Mountain. Twenty-three of the 40 finished, tired but we think happy and satisfied. For many of the participants it was the first time they had hiked in our beloved Alps. For others, it was the first time they had ever attempted so long and arduous a hike.

We are repeating the traverse this year in cooperation with the City of Issaquah and its famous Salmon Days Festival. From a questionnaire-critique of the first hike, we are making some improvements, such as breaking down the participants into smaller social and hiking units who members have similar rates of speed.

Our purpose is to provide both a special hike and to educate the public in



the uniqueness of the Issaquah Alps.

We pass through the Coal Creek Valley on informal trails, cross Cougar Mountain Regional Wildland Park, including a visit to Wilderness Peak and its lofty and lovely summit grove; then ascend Squak Mountain by way of the old claypit quarry where we look back on Cougar, proceed to the summit and then bushwhack down along a new route through a little-used and magnificent mountain valley of the midst of towering virgin Douglas Firs. A final push takes us to the summit of Tiger

Ah, the pleasure of a good blow well struck

As individuals, it is very hard for us to achieve measurable impact upon the public body of Government. Letters, letters, letters--yes, we must write them, but we rarely receive visceral satisfaction from a good blow well struck.

Ah! But to whack out a stretch of trail--and thus put people's feet on it--and thus "frustrate the knavish tricks, confound the politics" of the land-eaters--that both *does* good and *feels* good!

So come! Bring tools if you have them, though the Trails Club now owns quite a nice arsenal, thanks to donated funds. Dress warm, pack a lunch, be prepared to spend a goodly part of a day--in storm, sleet, wind, snow, heat wave, attack of the killer chipmunks--making a part of the earth the people's earth. (See "Work Parties" in each month's hike schedule and the Grand Ridge article on page 1.)

with its Alpine openness and magnificent nighttime view of "Pugetropolis".

The total distance is slightly more than 28 miles and the elevation gain and loss is about a mile for each. Trail conditions vary from excellent to no trail at all. Prepare for a long hard day beginning early and ending late. We feed you several times during the trip and it is possible for you to drop out at two points along the way.

There is a nominal charge to offset our costs and if you complete the event you are eligible to purchase a special patch we have made up for the occasion.

For further information and to register, send a stamped, self-addressed envelope to:

Jack Hornung
4218 Meridian Ave. N.
Seattle, WA 98103
(206) 545-9122

Prospective participants are requested to write first and then call if questions remain unanswered.

Those who are quite certain they want to try the hike should sign up early. For logistical reasons, we must limit the total number of hikers to 100.

And you thought he was just sleeping in

Q: Last September where was the leader who didn't show up to conduct the Squak Mountain work party?

A: He was frustratingly stuck on the Evergreen Point Bridge for over an hour due apparently to a serious accident. His earlier and more timely explanation and apology was inadvertently omitted from these pages. He asks your indulgence and appreciates your showing up and waiting for so long. J.H.

Calendar of Events Summer Quarter

Tuesday, July 4

Evening hike on Tiger 3 to watch fireworks. See article page 7.

Thursday, July 20

Trails Club Board Meeting, 7:30 p.m., Newport Way Library.

Thursday, July 27

Trails Club Picnic, Lake Sammamish State Park. See article page 10.

Thursday, August 17

Trails Club Board Meeting, 7:30 p.m., Newport Way Library.

Saturday, September 9

Premiere of the "BLT". See this page.

Thursday, September 21

Trails Club Board Meeting, 7:30 p.m., Newport Way Library.

Tuesday, September 27

"Birds of the Issaquah Alps"

Fellowship meeting. See page 10.

Saturday, September 30

Grand Traverse, marathon hike over Cougar, Squak, Tiger. See page 2.

Sat, Sept. 30 - Sun Oct. 1

• Salmon Days weekend, Issaquah

• "Salmon Days walks" around Issaquah. See page 11.

Where the wild things are: On the Bill Longwell Trail (BLT), a new hike around Squak

By Jack Hornung

Join us Saturday, September 9 to celebrate the world premiere of the "BLT", a special present to our Chief Ranger, Bill Longwell, who has done so much for our enjoyment and for the public good. This is an important new trail and a good occasion to honor a fine club officer.

This trail is two years in the making by a small but determined band who love our lesser Alp. It is more than 10 miles but less than 15, with an elevation gain of about 2,000 feet. Trail conditions vary from road to rough route. Gail Palm says it should be considered 4C, but I think she exaggerates a bit.

Come see where the old Eastside road now continues on a new trail to Thrush Gap. Visit Manning's Citadel and the Cave of the Sabre-toothed Tiger. Traverse Squak's remote, uncivilized and steep True East Face. Discover the hitherto mysterious south side and Savannah Springs. Etc. Etc.



The Chief Ranger, Bill Longwell

Every effort will be made to accommodate hikers of varying interests and ability. Our pace will be moderate (but not slow) and we will take whatever time is needed to complete the hike.

So be forewarned; if you come, don't necessarily count on me to get you back in time for that dinner date!

Yes, I'd like to be one in a hundred

☐ I would be willing to write two letters a month on issues of concern to the club.

☐ I would be willing to leave some messages on the toll-free "hotline" in Olympia.

☐ Two or three times a year I could attend an evening hearing or meeting.

☐ Once or twice a year I could attend a daytime hearing or meeting.

☐ I'd be willing to call 8-10 other members of "The 100" to inform them of fast-breaking issues.

☐ I'd be willing to speak at a hearing or meeting.

☐ I'd be willing to help with mailings to "The 100".

☐ I'd be willing to work on developing positions, strategies and the like affecting the Issaquah Alps.

☐ I have some additional thoughts I would like to share with you. They are attached.

Please mail with your name, address and phone number to:

Issaquah Alps Trails Club "100"

P.O. Box 351, Issaquah, WA 98027

JULY 1989 Hike Schedule

SAT JUL 1

Grand Ridge-Monster Fir,
Flower Wall-Issaquah Vista,
Lake Tradition Plateau Loop

2C 8:30
H. [redacted] 1917

SUN JUL 2

Squak and Cougar Mtn.
4C 8:30
Jack Hornung 545-9122
(Expect to return late)

TUE JUL 4

Tiger Mtn. Fireworks from the
summit of Tiger 3
7:00 PM
Clifton Cooper 932-3124
Gail Palm 783-6005
(See Alpiner article page 7)

WED JUL 5

Tiger Mtn. Leaders Choice
3C 9:00
John Seebeth 391-3843

SAT JUL 8

Tiger Mtn. Big Tree and Talus
Caves 2C 8:30
Leonard & Ursula Eisenberg
392-4034

Tiger Mtn. From High School,
Poo Poo Point Trail, One View &
TMT to Tiger 2. Return via Tiger
3 & Seattle View. 4D 8:00
Gus Nelson 392-7428

North Bend. Pratt River,
See Beyond the Alps, page 11

SUN JUL 9

Tiger Mtn. Leaders Choice
(Youth Hike / 8-14 yrs.)
3C 9:30 Ann Leber 746-3291

MON JUL 10

Issaquah Evening Town Walk.
Meet at new City Hall parking lot
on Sunset at 6:30 PM
2A 4 to 6 miles
Linda Reiter 391-0589

JULY						
S	M	T	W	T	F	S
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30	31					

TUE JUL 11

Snoqualmie Lake Alice Road and
Tokul Creek (Potluck) 2B 9:30
Al Blalock 746-4155
Ed Bowser 747-3349

WED JUL 12

Cougar Mtn. Cougar AA Park
Variations Toddler's Hike
1A 9:30
Leigh Bortins 228-7323

THU JUL 13

Tiger Mtn. Tiger Circuit
4C 8:30
Joe Toynbee 723-6716

Tiger Mtn. Lake Tradition Plateau
2B 6:30 PM
George Mischler 746-8144

SAT JUL 15

Cougar Mtn. North to South
Traverse 3C 9:30
Ralph Owen 746-1070

Tiger Mtn. Lake Tradition Plateau
2B 9:30
Kate Gross 392-0539

SUN JUL 16

Tiger Mtn. Tiger 1 & 2 Loop via
Preston Trail, Dwight's Way and
TMT 4C 8:30
Falk Krueger 525-4544

TUE JUL 18

Tiger Mtn. Leader's Choice
(Potluck) 3C 9:00
Dwight Riggs 783-6005

THU JUL 20

Tiger Mtn. Lake Tradition
2A 6:30 PM
Dave Blawn 271-1677

So. Cascades Twin Falls,
See Beyond the Alps page 11

FRI JUL 21

Cougar Mtn. Coal Creek Falls
and DeLeo Wall 3B 9:00
Connie Dow 392-2190

SAT JUL 22

Tiger Mtn. Tiger 2 & 3
3C 9:30
Maury Muzzy 392-8718

SUN JUL 23

Cougar Mtn. Far Country Look-
out, Doughty Falls, Military
Road 3C 9:30
Ann Leber 746-3291

WED JUL 26

Snoqualmie. Snoqualmie Falls
via Lake Alice Road 2B 9:30
Mary Cadigan 641-4046

THU JUL 27

Tiger Mtn. Leader's Choice
3C 9:00
Laurene McLane 392-0204

SAT JUL 29

Tiger Mtn. Leader's Choice
3C 8:30
Will Thompson 488-8592

SUN JUL 30

Cougar Mtn. Wilderness Peak
Loop 2B 12:30
Steve Cavit 271-7780

Squak Mtn. Squak Summit
3C 8:30
Tom Mechler 255-0922

MON JUL 31

Snoqualmie Preston to
Snoqualmie Falls 2C 4:30 PM
Clifton Cooper 932-3124

AUGUST 1989 Hike Schedule

WED AUG 2

Cougar Mtn. Coal Creek
(Youth Hike / 5-9 yrs.)

2B 9:30

Dave Kappler 392-3571

THU AUG 3

Cougar Mtn. Precipice Trail
(Boots please) 3C 9:00

Tom Wood 391-8027

SAT AUG 5

Tiger Mtn. Middle Tiger via
Grand Canyon 3C 8:30

Leonard & Ursula Eisenberg
392-4034

So. Cascades. Cedar Butte &
Milwaukee Line

See Beyond the Alps, page 11

SUN AUG 6

Tiger Mtn. Tiger 2 & 3

3C 9:30

Maury Muzzy 392-8718

Tiger Mtn. Lake Tradition

2B 12:30

Bob Gross 392-053

TUE AUG 8

Issaquah Evening Town Walk.
Meet at new City Hal parking lot
on Sunset at 6:30 PM

2A 4 to 6 miles

Linda Reter 391-0589

WED AUG 9

Tiger Mtn. Leaders Choice
3C 9:00

John Seebeth 391-3843

Kelsey Creek Farm

Toddler's Hike 1A 9:30

Leigh Bortins 228-7323

THU AUG 10

North Bend Rattlesnake Ridge
via North Bend 2B 9:30

Al Blalock 746-4155

Ed Bowser 747-3349

AUGUST

S	M	T	W	T	F	S
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27	28	29	30	31		

SAT AUG 12

Tiger Mtn. Middle Tiger via
Artifacts Trail 3C 9:00

Ann Leber 746-3291

Cougar Mtn. Tibbitts Creek

2A 9:30

Kate Gross 392-0539

SUN AUG 13

Cougar Mtn. South to North
Traverse 2C 9:00

Clifton Cooper 932-3124

MON AUG 14

Tiger Mtn. RR Grade

3C 9:30

Archie Wright 762-8074

(Slow Pace)

TUE AUG 15

North Bend Little Si

2C 9:30

Al Blalock 746-4155

Ed Bowser 747-3349

THU AUG 17

Tiger Mtn. Leader's Choice
3C 8:30

Will Thompson 488-8592

SAT AUG 19

Cougar Mtn. Youth Hike
Ages 8-14

3B 9:30

Ann Leber 746-3291

SUN AUG 20

Grand Ridge Monster Fir,
Flower Wall, Lake Tradition
Variations Loop

3B 9:30

Dave Kappler 392-3571

MON AUG 21

Tiger Mtn. Leader's Choice
3C 9:00

Laurene McLane 392-0204

WED AUG 23

Tiger Mtn. Tradition Plateau
and Big Tree

2B 9:30

Mary Cadigan 641-4046

THU AUG 24

No Bend. Mt Si

See Beyond the Alps, page 11

FRI AUG 25

North Bend Little Si

2C 9:00

Connie Dow 392-2190

SAT AUG 26

Squak Mtn. Squak Mountain
Geology Special

3C 9:00

Dr. Laurence Baum 827-234

Jack Hornung 545-9122

Tiger Mtn. Tiger 2 & 3

3C 8:30

Trudy Ecob 232-2933

SUN AUG 27

Tiger Mtn. Talus Caves

2B 12:30

Bob Gross 392-0539

TUE AUG 29

Cougar Mtn.
Tibbitts Creek & beyond

3C 9:00

Gail Palm 783-6005

Bob Knutsen 243-4546

THU AUG 31

Tiger Mtn. Lake Tradition
2A 9:30

Ed Bowser 747-3349

Al Blalock 746-4155

SEPT 1989

Hike Schedule

SAT SEP 2

Tiger Mtn. Lake Tradition
1A 9:30
Patricia Kaald 746-8741

North Bend Little Si 2C 8:30
Betty Culbert 432-7387

SUN SEP 3

Tiger Mtn. Manning's Reach
3C 9:30
Ann Leber 746-3291

~~MON SEP 4~~
Cougar Mtn. Gorges and
Caves on 1200 ft. mountain;
Bridges, trail switch
3C 9:30
Peggy Owen 746-1070
~~Boots required~~

WED SEP 6

Tiger Mtn. Tiger 2 & 3
3C 8:30
Tom Mechler 255-0922

THU SEP 7

Taylor Mtn. Kerriston
2B 9:30
Ed Bowser 747-3349
Al Blalock 746-4155

SAT SEP 9

Squak Mtn. The BLT
(New hike, see Alpiners article
page 3) 4C 8:00
Jack Hornung 545-9122
(Boots please)

No. Bend. Little Si.
See Beyond the Alps, page 11

SUN SEP 10

Tiger Mtn. Talus Caves from
High School
2C 9:00
Clifton Cooper 655-7239

Tiger Mtn. Leaders Choice
2B 12:30
Dave Blawn 271-1677

Page 6

SEPTEMBER

S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

TUE SEP 12

Snoqualmie Preston Lake via
Alice Road
1A 9:30
Paul & Patricia Kaald 746-8741

WED SEP 13

Tiger Mtn. Leader's Choice
3C 9:00
John Seebeth 391-3843

Lake Hills Greenbelt
Toddler's Hike
1A 9:30
Leigh Bortins 228-7323

SAT SEP 16

Tiger Mtn. TMT Traverse
4C 8:30
Tom Wood 391-8027
Gus Nelson 392-7428
(Boots please)

Cougar Mtn. Coal Creek Falls
9:30 2B
Kate Gross 392-0539

SUN SEP 17

Tiger Mtn. West-Tiger 3
3C 12:30
Steve Cavit 271-7780

Cougar Mtn.
Cougar Geology Special
3C 9:00
Dr. Laurence Baum 827-2345
Ralph Owen 746-1070

TUE SEP 19

Cougar Mtn.
Wilderness Loop 2B 9:30
Mary Cadigan 641-4046

THU SEP 21

Taylor Mtn. Shawn Falls
2C 9:00
Doug Welti 322-7714

SAT SEP 23

Tiger Mtn. Poo Poo Point
3C 8:30
Russ Williams 392-5989

North Bend. Rattlesnake Ledge
See Beyond the Alps, page 11

SUN SEP 24

Snoqualmie Lake Alice Road to
Snoqualmie Falls
2B 12:30
Peggy Owen 746-1070

TUE SEP 26

Grand Ridge
Lake Tradition Loop,
Flower Wall,
Issaquah Vista
2C 9:30
Ann Leber 746-3291

FRI SEP 29

Tiger Mtn. Leader's Choice
3C 8:30
Will Thompson 466-8592

SAT SEP 30

Cougar Mtn. Leader's Choice
2B 9:30
Betty Culbert 432-7387

Issaquah Alps
Grand Traverse
4C Dawn to dark
Jack Hornung 545-9122
Boots required
(See Alpiners article page 2)

Youth hikes begin, toddler & evening walks continue

By Gail Palm

Hikes Coordinator

We have some very exciting things going on this quarter.

Jack Hornung and gang will be leading a traverse of the Issaquah Alps again this year, September 30. See the article in this Alpiner for more details.

We have the debut of a new hike on Squak Mt., September 9, the "BLT". Refer to the corresponding article in this Alpiner.

Also new this quarter, on a trial basis, will be Issaquah Evening Town Walks, scheduled for July 10 and August 8 at 6:30 p.m. Please note that these walks will use the new City Hall South parking lot on Sunset Avenue as a starting point. Call the hike leader for details.

The Board has decided to resume leading hikes to Little Si; they are scheduled August 15 and 25, and September 2.

See fireworks from Tiger 3, weather permitting

First off, while I have your attention: this hike will not take place if it is raining or there is a low overcast.

Now the do's and don'ts, if the weather is cooperative. Do wear boots, as you will need them on the evening descent. Do bring a flashlight, warm jacket, hat, and long pants, something to sit or recline on. Do bring a beverage for yourself and a snack to share. Consumption of spirits is not officially sanctioned by the Club and intoxication will not be tolerated.

Please do not bring young children; they may have difficulty with the late evening descent. And do not bring fireworks; their use on the mountain is strictly forbidden. Persons going up with the Club are expected to return with the Club.

Clifton Cooper and I are very excited about reviving this Club event that Harvey Manning started. We are anticipating a very fun evening. *Meet at the Park and Ride at 7 p.m.* We will be ascending to the summit of Tiger 3 from the High Point Trailhead.

This Fourth of July, we will lead an evening hike to the top of Tiger 3 to view fireworks, weather permitting. There are some restrictions so please read the article in this Alpiner carefully.

Evening hikes are being continued throughout the summer months, and we have officially started offering youth hikes. We feel younger people would enjoy hiking with their peers, just as we do. These are the citizens we will be depending on to be the outdoor volunteers of tomorrow, so we hope these hikes receive an enthusiastic response. Hikes are scheduled for July 9, August 2, and August 19.

Remember, we continue to offer toddler's hikes for parents of the very young, for those just learning to hike on their own, and for those who still need to be carried in a backpack.

Two potlucks are offered in July, on the 11th and the 18th.

The Geology Specials proved so popular last quarter, our Geology leader, Dr.

Laurence Baum has agreed to do two more this quarter, August 26 on Squak, and September 17 on Cougar.

Two seldom-done hikes are scheduled this quarter; Rattlesnake Ridge, on August 10, and Kerriston on September 7.

We would also like to see a good turnout for our two hikes featuring the Precipice area of Cougar Mt. on August 3 and September 4. This is an important area to the club; we want you to know it and use it. Cougar Mountain hikes scheduled July 15 and August 13 will pass through parts of this area.

Hike leader Hazel Hale has retired this quarter. She and her newly retired husband plan to travel extensively. We would like to thank her for her many years of service to the IATC. Thank you Hazel and happy traveling, we hope to see you now and then at club events.

Have a happy, healthy hiking season.

Like to spend time on the phone? Have we got a great job for you!

I will be leaving my position as Trails Club Hikes Coordinator in December 1989 to do some extensive traveling. To facilitate a smooth transition, I would like to have a successor in place in plenty of time so we can do a schedule together and so I will be around for a while to provide assistance. The next schedules will be in August and November.

This is a position of major importance to the operation of the Club. You will work closely with other club activists and be an important player in helping achieve Club goals. You can expect to be fairly independent in how you organize your activities and are encouraged to be creative and develop your own programs. Major activity comes four times a year. However it does take significant time during those periods.

Persons considering this important position must be dependable, enjoy the

leadership role and have good organizational skills.

Requesting information on this position will not be viewed as a commitment on your part. Contact Gail Palm at 783-6005 or write 9518 28th Ave. N.W. Seattle. Or call John Seebeth at 391-3843 or write 26103 S.E. Black Nugget Rd, Issaquah 98027.

Editor's note: Gail, how can you desert me like this? Potential hikes coordinators, please note: Gail gives me all her schedules neatly typed up on a Macintosh computer disk. This makes my life so easy I am now totally spoiled (plus, if there's any mistakes in the schedule, it's never my fault.) So: if you want this job, please know how to use a Macintosh to avoid errors in the Alpiner hikes schedules. I will be happy to train anyone on the system.

*Rodi Ludlum
Alpiner Editor*

Lake Sammamish State Park

Lake Sammamish State Park is located at the south shore of Lake Sammamish, 1.5 miles northwest of Issaquah and 17 miles east of Seattle. Thousands of people visit the park for recreation, and it's easy to understand why: the park offers facilities for swimming, boating, picnicking, fishing, water skiing, jogging and team sports.

Even when the park is near capacity, you can still find peace and quiet on nature walks through about 300 undeveloped acres of the park. The Audubon Society has identified 125 species of birds in the park's environs, making for some excellent birding.

To reach the park, take Interstate 90 to exit 15 and turn north. Turn left on SE 56th Street. The park entrance is about a quarter mile ahead, on your right.

Three Parks in One

The park's 431 acres can be thought of as three general areas: the beach/picnic area, the natural area, and the Hans Jensen Recreation Area. Park facilities in the former include 761 feet of guarded swimming beach, two bathhouses, playgrounds, playing fields, creeks, restrooms and picnic tables. The facilities are linked by a series of paved footpaths.

The natural areas are the open fields and woods of an old dairy farm. This makes up about three fourths of the park's acreage, and is divided almost in half by Issaquah Creek. The entire area is open to wandering by foot, on and off the narrow dirt trails. Routes north and south of the creek are connected by a footbridge at the north end of the beach/picnic area.

Boaters may launch their craft at a nine-ramp facility at the north end of the park, accessible from East Lake Sammamish Boulevard. Across the street, the Hans Jensen Recreation Area hosts organized youth group camping and activities. Crossing the recreation area are Laughing Jacob Creek and a trail following the creek up into the foothills.

Plants and Wildlife

Lake Sammamish is open year-round for fishing. Issaquah Creek is a salmon spawning stream and home to trout, bass, perch, crappie and steelhead. Many forms of wildlife live in the park. Coyote, fox, raccoon, opossum, deer, weasel, beaver, muskrat and porcupine are often seen.

Wooded patches in the park include douglas fir, grand fir, cedar, pine, poplar, willow, maple and birch. The underbrush is often dense in places with blackberry, salmonberry, pasture grass and thistle.

Introductory Walk

For a pleasant couple of hours' exploratory walk, park in the first parking area on your left and walk a short distance north to the beach. Follow the length of a paved path east along the shore to another beach. Continue north on an unpaved trail out onto the lip of Issaquah Creek.

From here, backtrack up the unpaved trail and cut across the grass to a footbridge over Issaquah Creek. As you cross the bridge you leave the developed area of the park and enter the natural area. The trail's left fork goes into the woods and reaches the lake shore in about a quarter mile. The hearty can push through a rumored soggy, brushy animal trail along the shore from there to the boat launch.

The right fork enters open fields on an old road track. Following this trail east takes you along the meandering course of Issaquah Creek, and eventually to the park's eastern boundary. As there is no bridge, the only dry-footed alternative is to return the way you came.

Following a trail is not necessary to find solace here. Wandering in any direction is pleasant, as long as you avoid the occasional marsh and bog. Primitive trails cut through the patches of underbrush and trees. Find your own grassy clearing and spend the day there if you wish, undisturbed, watching for deer.

Forest Walks

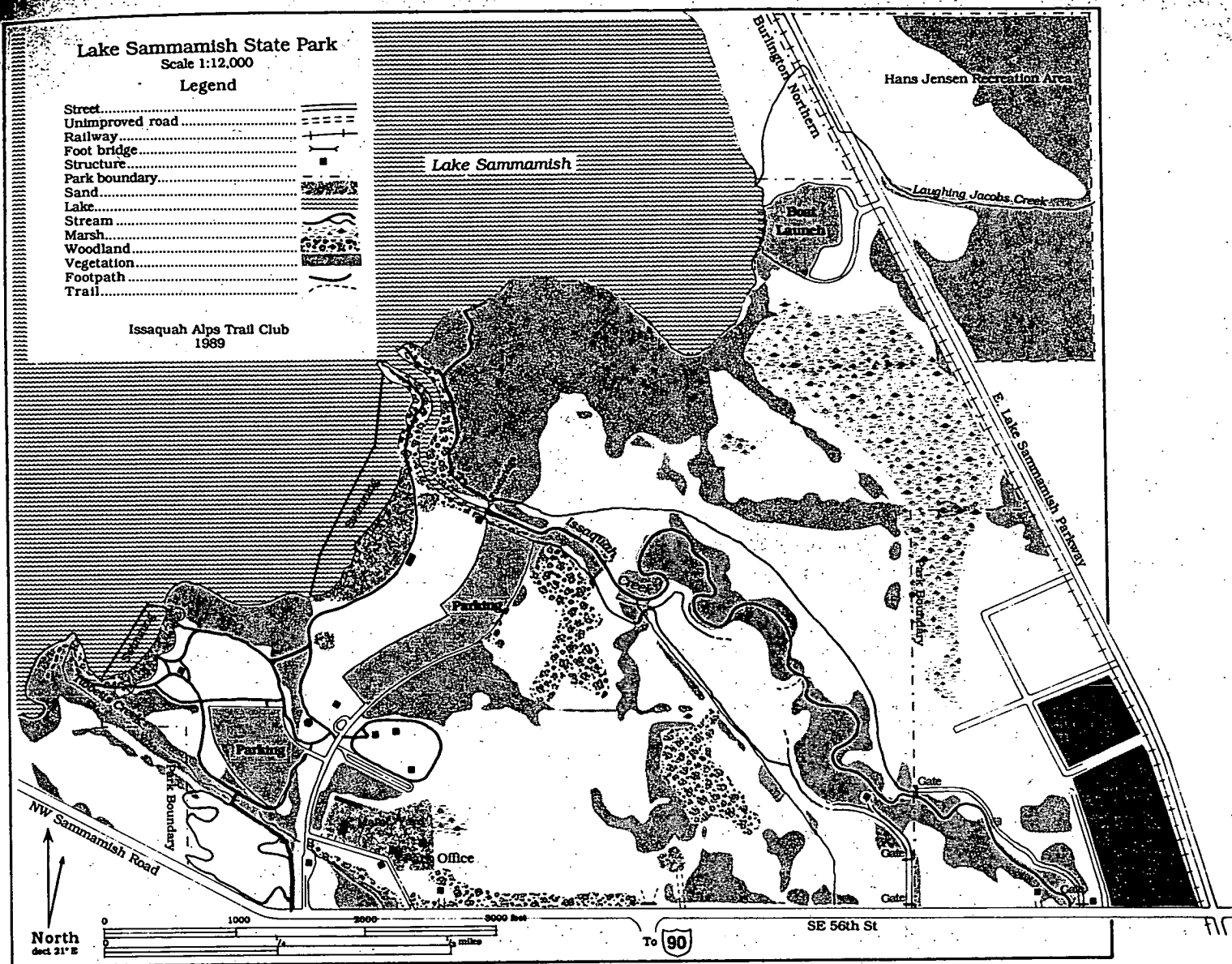
The best forest walks are found south of Issaquah Creek. Park in the north end of the large north parking lot. Walk east, thence into and out of the woods as you please.

A trail leads east from the parking lot, then north across a ditch near its confluence with Issaquah Creek, and into a large pasture. Openings in the brush along Issaquah Creek make prime birding spots. At the south end of the pasture the trail leads through some trees to a gated driveway at the park's southeastern boundary. The walk from the parking lot to the gate and back takes an hour or so.

This area of the park is less marshy than the area north of Issaquah Creek. A few trails, marked in places with colored ribbons, meander through the forests.

More about the Park

Lake Sammamish Park was opened by the Washington State Parks and Recreation Commission in 1950. Much of the park's acreage was donated by Danish-born immigrant Hans Jensen, who came to America in 1904.



Lake Sammamish was once a gathering place for Indian tribes. They celebrated their "potlatch," or winter festival, on the south end of the lake. Here they gathered and hunted in preparation for the coming winter. The word "Sammamish" comes from the Indian word "Samena," meaning hunter.

Alcoholic beverage consumption is restricted to designated places within the developed area of the park. Dogs are allowed but must be on a leash.

To reserve the park's covered group picnic areas, or for more information about the park, contact the Ranger at 455-7010. The park address is: 20606 SE 56th St. Issaquah, WA 98027.

Two satellite areas maintained by Lake Sammamish State Park are Ollalie Recreation Area and Squak Mountain.

The Lake Sammamish State Park map in this edition is based on field observations, aerial photographs and on the following sources: USGS 7.5 x 15 minute quadrangle, 1983; Thomas Guide, 1988; U.S. Orienteering Federation Recreation Map, 1988. One inch on the map equals 1,000 feet, which represents between five and ten minutes of walking time.

*Map design and text by Denis DuBois for
The Issaquah Alps Trails Club*

Coming up this summer: fellowship meetings, birds of the Issaquah Alps and a club picnic

by Gail Palm

Thursday, July 27 Club Picnic, 3 p.m. to dusk Lake Sammamish State Park

We decided on a weekday because we know how busy everyone's summer weekends are, including ours. Also, I for one don't give up dinner very often, so why not have dinner with friends? It is intended to be very casual, so by all means plan on swimming if it turns out to be a hot day.

We will provide a net and ball for volleyball, and anyone wishing to bring badminton or other games, please do so. Provide yourself with whatever you wish to barbeque and drink, (hard liquor is not allowed in the park), charcoal, etc. Also, bring a dish to share, such as potato and pasta salads, fresh or marinated vegetables, and desserts. The Club intends to provide ice cream bars to young and old kids alike as long as supplies last.

The picnic will be held at the Rotunda kitchen just to the left after the first parking lot. It has tables, a sink for cleaning up and electricity, but no large barbeque pit, so we will be using the small ones surrounding the kitchen. Please offer to share yours with other members. There should be plenty, but

bring one from home if you wish. Important: the service roads are not to be used, even for unloading.

Roberta De Bruler and Band, of Potluck fame, will provide some of their wonderful music.

Lake Sammamish State Park is exit 15 off of I-90; turn left, go over I-90 then left again; there are plenty of signs. You may bring guests, but this event, like the Potluck, is not being advertised to the public.

I'm really looking forward to this event, and hoping to see old friends and new faces too, so put it on the "ol" calendar right now, before you forget and miss out.

Tuesday September 27 7:30 p.m. to 9:30 p.m. "Birds of the Issaquah Alps" Greenbaum's Furniture (See map below)

We are fortunate to have engaged Mr. Gerry Adams of the Seattle Audubon Society. Mr. Adams is well versed in his subject. His presentation will cover birds that make their year round home in the Issaquah Alps area, including water birds of Lake Sammamish. He will help us identify the habitat in which we would most likely find each bird, and mention other interesting characteristics.

He will also cover some of the more common migratory birds that use this area as a resting or feeding place on their way to summer or winter homes.

Mr. Adams is particularly interested in promoting information on how birds benefit other wild animals, the health of the land, human society, and how we can help ensure a diverse and healthy bird population.

Our Issaquah Alps are important to the Audubon Society, and to others who share our commitment to the survival of diverse flora and fauna. Foot-hills such as Tiger, Squak, and Cougar are very rich in berries and other wild foods, and offer shelter from alpine winters.

If you wish to attend these events, put the date on the calendar immediately, before you forget. That's what I do!

We will have a geology presentation by Dr. Laurence Baum, a Club member, on Oct 24. More about this next quarter, but it is never too soon to put these dates on your calendar.

Program managers needed for fellowship meetings

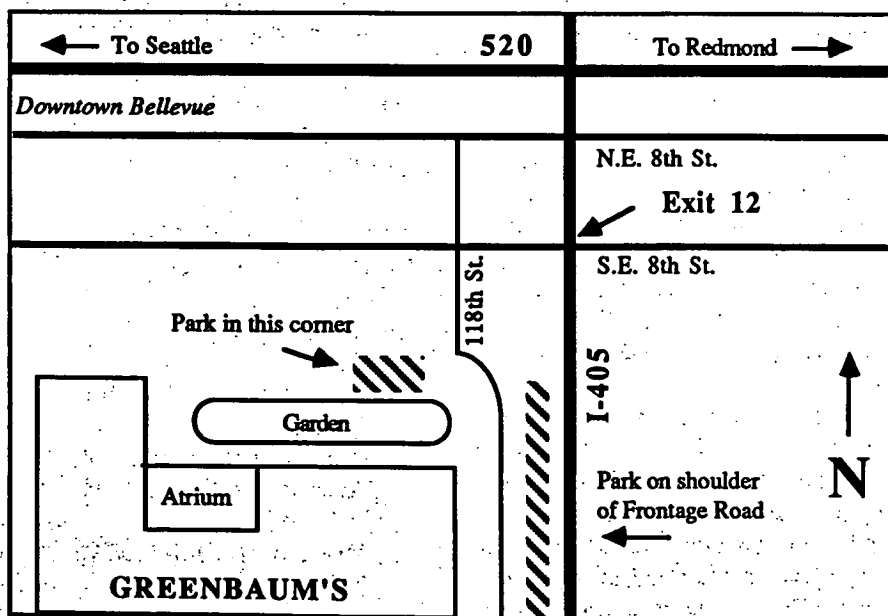
Have you been to the meetings in March, April, May and June? If so, we think you learned about a subject of interest to you and had a good time too.

The members who agreed to set up these meetings already hold club offices. So now that the initial organizing phase is accomplished, we are looking for new faces to take over. We would like a minimum of three people, as each meeting will need a host.

Members will develop and decide on programs, have a budget, arrange refreshments, host meetings and keep records. I have found it fun.

Please fill out the volunteer registration form in this Alpiner if you are interested.

GP



A new trails club is born in Snoqualmie Valley

by Pat Brewington

Two years ago, the emergence of the successful, but short-lived Rails & Trails Festival in Snoqualmie signified the desire on the part of organizers and participants to promote recreation, and preservation of the Valley's natural and scenic features. The concepts to promote and preserve are still very much alive and taking shape again in the formation of a Snoqualmie Valley Trails Club (SVTC). The Club is being modeled after the Issaquah Alps Trails Club, but will "fine tune" to meet the needs of its people and address the many diverse features of this vast area.

A wide range of recreation opportunities exist in the Snoqualmie Valley. A coalition of groups with interests in hiking, cross-country skiing, horseback riding, and canoeing (to name a few) may all find a niche in a Trails Club.

The basic premise here is trails. Trails are trails, whether you're riding or walking, be they on land or water.

Regardless of the Club's eventual make-up, trails in the Snoqualmie Valley are in desperate need of watchdogs and caretakers. "Use it or lose it" couldn't be truer these days. If you have a spot you don't want forgotten, may I suggest you join us.

For further information on how you can get involved, whether be it as a hike leader, trail maintainer or other position necessary to make the Club successful, call Pat Brewington at 888-2426.

If you are interested in going on a hike in the Valley, please refer to the closed Hike Schedule on this page for the six hikes being sponsored by the SVTC. For Upper Valley hikes (Snoqualmie Falls, North Bend and East) meet at the North Bend Park & Ride lot across from the library. For Lower Valley hikes (below Snoqualmie Falls, Fall City, Preston, Carnation and Duvall) meet at the Fall City Park & Ride lot across the river from Fall City on Highway 203.

Walk to Lake Tradition during Salmon Days

On September 30 and October 1, Salmon Days Weekend, the Tri-Mountain Volkssport Club and the Issaquah Alps Trails Club will co-sponsor several walks. To help show off Tiger Mountain, a 10K walk from Issaquah to Lake Tradition promises to impress the many participants.

A second walk scheduled to go around Issaquah will highlight the city's historical and other interesting landmarks. This route is also designated part of the centennial series.

The potential for exposure to our beautiful area is great. The Pathfinder, a free Volkssporting magazine, goes to approximately 12,500 homes. Nationwide there are 600 clubs, with Washington State having the most with 64 clubs. An average two-day event will attract approximately 1,500 walkers. With over 100 events planned for 1989, more than 100,000 walkers will participate this year.

Last year's walk in Issaquah brought 1,000 people literally "swimming" around the route. Rainy weekends do

not deter walkers.

To assure that the "Salmon Days Walk" is successful, we need approximately 15 volunteers. These people will help staff registration and information tables, check points and clean-up efforts. If you are interested in volunteering, please contact John Seebeth at 391-3843.

This is the first co-sponsored event between the two clubs. Other walks are also being discussed, possibly on Cougar and Squak Mountains. The Issaquah Alps Trails Club recognizes the need for events that promote walking and will continue working with the Tri-Mountain Volkssport club to support such efforts.

Linda Reiter serves as a liaison between both clubs. She is looking for folks who are interested in leading regularly-scheduled walks around Issaquah and folks who would just like to participate. If you are interested, contact Linda at 391-0589. (Regularly scheduled walks through Issaquah are now listed in the Hike Schedule, pages 4-6.)

Beyond the Alps

Activities of interest
in the outer limits

Snoqualmie Valley Trails Club Hike Schedule for July, August, September

Saturday July 8
Pratt River Valley 3B 9:00 am
Hike Leader:
Jeff Hogan 888-9649
Co-Leader:
Don Dewitt 771-1242

Thursday July 20
Twin Falls 1B 9:30 am
Hike Leader:
Mike Leake 333-4243
Co-Leader:
Gus Nelson 392-7428

Saturday August 5
Cedar Butte and
The Milwaukee Line 1C 9 am
Hike Leader:
Pat Brewington 888-2426
Co-Leader:
John Seebeth 391-3843

Thursday August 24
Mt. Si 2D 8:30 am
Hike Leader:
Mike Leake 333-4243
Co-Leader:
Jim Cadigan 641-4046

Saturday September 9
Little Si 1C 9:00 am
Hike Leader:
Jeff Hogan 888-9649
Co-Leader:
Will Thompson 488-8592

Saturday September 23
Rattlesnake Ledge 2C 9:00 am
Hike Leader:
Pat Brewington 888-2426

Hylebos Wetlands: see what lives in the swamp

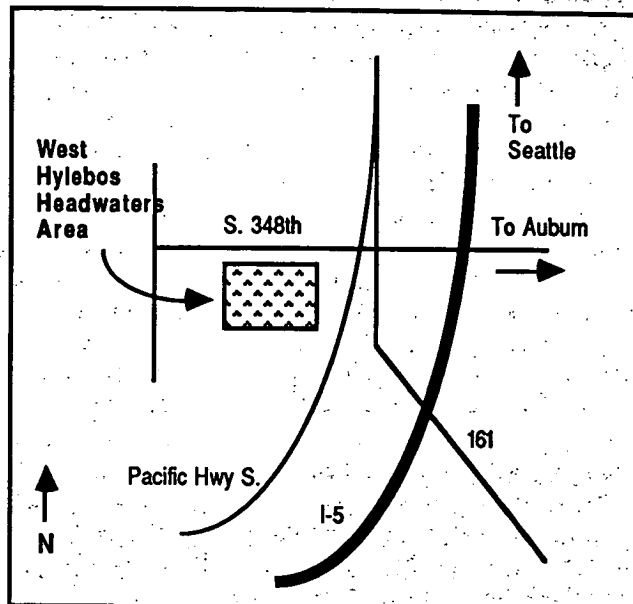
By Gail Palm

Lifetime member Peggy Church brought to my attention the existence of The Hylebos Wetlands State Park Natural Area, a very interesting preserve right in our own back yard.

This urban wilderness is a living museum of native Western Washington regional shade and water-related plants and animals. A mile-long nature trail and a "Trail of the Giants" features 20 mosses, six liverworts, 18 shrubs and 15 trees, plus an assemblage of relatively rare fungi and unidentified aquatic forms. One hundred forty-four bird species have been recorded visiting or residing on the property.

Illustrative of the basic plumbing of a headwater, there are prime examples of nearly every facet of underwater structure such as a floating bog, marsh, deep sinks, sand boils, peat, streams, spring, and floods. Accessible to a variety of schools at all grade levels, the area seems destined to take its place in family and educational life and as a tourist attraction for naturalists.

To tour this unique wetland, call 927-3895 or 838-0951 for interpretive group tours, or wander the nature trail on your own, starting at 34915 4th Ave So., Federal Way 98003. From I-5 you will travel west on 348th. Look for a single lane blacktop road on your left after crossing Pacific Highway So. There is a little house-type mailbox. If you pass the electrical substation, you have gone too far. You will find a garage attached to a house at the site. Go right in and orient yourself by studying the large wall maps inside, and BE SURE and sign the guest register. Numbers of guests is important in negotiations with the state to secure more land



and an interpretive center. Any assistance in the bureaucratic process would be very appreciated.

In 1981, the Washington State Parks and Recreation Commission accepted the donation of 24.5 acres of West Hylebos Headwater Wetland in Federal Way from Francis and Ilene Marchx. This donation forms the core of the preserve, which is now 56 acres.

I have not visited yet but I certainly intend to do so soon.

Have you hugged (or been bugged by) a tick today?

If you are bitten by a tick in the Issaquah Alps area, or if you are bitten elsewhere in the State and develop Lyme's Disease, we would like to know. This tick-borne disease is much more prevalent on the Eastern Seaboard and in the Midwest, but the disease has appeared in Washington. The western states of California, Nevada, Utah and Oregon have been reporting large numbers of cases. We will try to keep you, our members, informed.

Lyme's Disease is caused by being bitten by a tiny tick often associated with deer. This tick is not the same as the common dog tick. The symptoms,

which can come in a puzzling array, are caused by a bacteria. They might include headache, body aches and fatigue, painful joints, dizziness, shortness of breath, irregular heartbeat, memory loss and more. It is quite treatable with antibiotics, especially in early stages, but permanent damage can be incurred if the disease is not detected for a long period of time, and can be fatal if left untreated.

A characteristic sign of Lyme's Disease is a pimple or rash at the site of a bite usually within two days to a few weeks. Most commonly, the rash develops into a reddish circle or oval about

two to three inches in diameter. They can be easy to miss because they are often very faint. The rash will fade with or without treatment after a few weeks.

If you notice an unexplained rash -- even if you have not noticed a tick bite, but have been in an area frequented by deer, (even your own yard), seek medical attention. Be especially alert if travelling to highly infested areas. Try to keep your pets from being bitten, if yours travel with you. This is one avenue for spread of the disease. Most cases occur from early June through September.

Volunteer's Corner: many chances to make a difference

By John Seebeth
Volunteer Coordinator

Hurray for the summer !!! For the next three months, Trails Club members and their families and friends have many great activities to look forward to. On the weekend of September 30 and October 1, the Club is sponsoring the second annual "Grand Traverse of the Issaquah Alps" as well as co-sponsoring, along with the Tri-Mountain Volkssports Club, the "Salmon Days Walk" around Issaquah and Lake Tradition. The following weekend of October 14 and 15, the club has a booth at the "Salmon Days" festival.

The summer of 1989 promises to be fun. To assure that these activities go as planned and that everyone has the opportunity to enjoy them, it's important to share the work load. Check your calendar and see where you can volunteer some time. Join with other Trails Club volunteers and make this summer the most enjoyable, and memorable, for all.

I asked one member why she is willing to volunteer her time and energy for the club.

Connie Fair from Bellevue replied: *"My husband Don and I joined the Trails Club about four years ago, when we were beginning hikers. Hoping to find out about winter hiking areas and nearby hiking trails, I went on many weekday hikes.*

Responding to an impassioned plea by Betty Culbert, I agreed to 'help out' a bit. Ending up editor of the Alpiner for two years, I found the Trails Club to be more than excellent hike opportunities. It is a group of people dedicated to preserving the wild lands and habitats that suffer from encroachment by developers. Now I am a Board member and publicity chairman. Hopefully, other new members will step forward to 'help out'."

The club is currently looking for volunteers to take on various assignments.

General Interest Meeting Committee Members

Have you been to the meetings in March, April, May and June? If so we think you learned about a subject of interest to you and had a good time too. The members who agreed to set up these meetings already hold club offices. So now that the initial organizing phase is accomplished we are looking for some new faces to take over. We would like a minimum of three people, as someone needs to be host at each meeting. Members will develop and decide on programs, have a budget, arrange refreshments, host meetings and keep records. It's actually fun. Please call Gail Palm at 783-6005 for further information.

Hikes Coordinator

This is a position of major importance to the operation of the Trails Club, has high visibility, and will put you in a position of knowing what is going on. You will be fairly independent in how you organize your activities, encouraged to be creative and develop your own programs. It is a big job. However, major activity comes only four times a year. It does take time during those periods. Persons considering this position must be dependable, enjoy the leadership role, and have good organizational skills. A Macintosh computer is also very helpful. Requesting additional information on this position will not be viewed as a commitment on your part. Contact Gail Palm 783-6005 or John Seebeth 391-3843.

Grand Traverse Volunteers

The second annual Grand Traverse of the Issaquah Alps happens September 30. This challenging, marathon-length hike needs volunteers to help with hike leaders, food and transportation. If you are interested in helping, please contact John Seebeth at 391-3843 for further information.

First aid instructor

The club is still seeking a certified first aid instructor. This person would offer club members a comprehensive lecture on outdoor first aid, complete with demonstration--something on the order of four hours. If you qualified or know someone who is, please contact David Kappler at 392-3571, Gail Palm at 783-6005 or John Seebeth at 391-3843.

Salmon Days Walk

The Tri-Mountain Volkssport Club and Issaquah Alps Trails Club will co-sponsor the "Salmon Days Walk". Volunteers are needed to help with registration, check points and clean-up efforts. For further information please call John Seebeth at 391-3843.

Special Event Coordinator

For the yearly "Salmon Days" event.

Artist

The club is seeking an artist to improve the appearance of our "Return to Newcastle" booth. These improvements include redoing the sign that sits above the booth and possibly designing a mural depicting hikers in the wilderness for the inside walls. If you are interested, please call John Seebeth at 391-3843 or David Kappler at 392-3571.

If you see something that interests you, please fill in the Volunteer Registration form on the next page. If you have further question, call 391-3843.

Please take a minute to fill out the form so the club can contact you and put your talents to work for us and the Issaquah Alps!